

TRAUMATIC BRAIN INJURY IN UTAH

Do you know these facts about Traumatic Brain Injury (TBI)?

- Males sustain nearly twice as many TBIs as females.
- Young people ages 15-24 suffer the most TBIs, primarily in motor vehicle crashes.
- Utahns ages 60 and older suffer the majority of TBIs in falls.

2000–2003 UTAH TBI DATA

SCOPE OF THE PROBLEM

WHO*

- **8,370** Utahns (5,463 males, 2,906 females, 1 unknown) suffered TBIs during the years 2000-03.
- Of those victims, **1,750** (20.9%) died.
- Utahns ages 15-24 suffered **2,198** traumatic brain injuries—26 percent of all TBIs.
- **202** infants under age 1 suffered TBIs.

*See graphs on back for age grouping and sex.

HOW

Cause	Number	Percent
Falls	1,445	32.17
Motor Vehicle	1,354	30.14
Sports	225	5.01
Motorcycle	216	4.81
Assault	213	4.74
Bicycle	202	4.50
Pedestrian	180	4.01
ATV/Snowmobile	158	3.52
Snow Sports	94	2.09
Falling Object	64	1.42
Firearm	42	0.93
Other	79	1.76
Unknown	220	4.90
Total Sampled Cases*	4,492	100.00%

*See back footnote for further explanation.

WHERE

- The Local Health Districts with the highest rates of TBI (cases per 100,000 population) were: TriCounty (147.3), Central (129.3), Southwest (108.5), and Tooele County (108.3).
- The Local Health Districts with the lowest TBI rates were: Davis County (68.2), Bear River (74.7), Utah County (74.9) and Salt Lake Valley (92.1).

What is TBI?

TBI is defined as a head injury with one or more of the following conditions:

- Observed or self-reported decreased level of consciousness;
- Amnesia;
- Skull fracture;
- Neurological or neuropsychological abnormality, or;
- Intracranial lesion.

TBI PREVENTION

Motor Vehicles

- Always wear a seat belt.
- Wear a helmet when riding ATVs, snowmobiles and motorcycles.
- Put all children in the correct car seat for their age, height and weight. For help, visit www.health.utah.gov/vipp.
- Children should ride in the back seat until age 12.
- Don't drive drunk, drugged or drowsy.

Falls Among the Elderly

- Keep stairs well lit and free of clutter.
- Put non-slip surfacing in tubs and showers.
- Have your vision checked.
- Exercise regularly.

Suicide

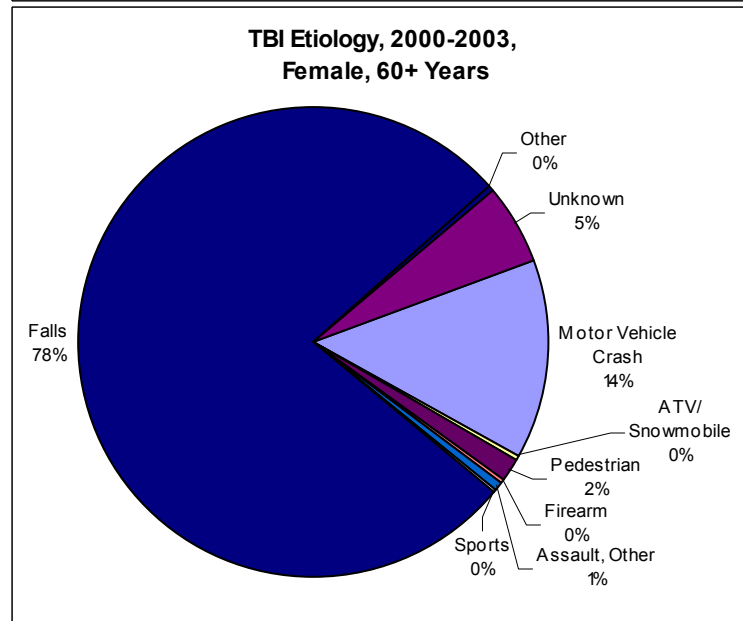
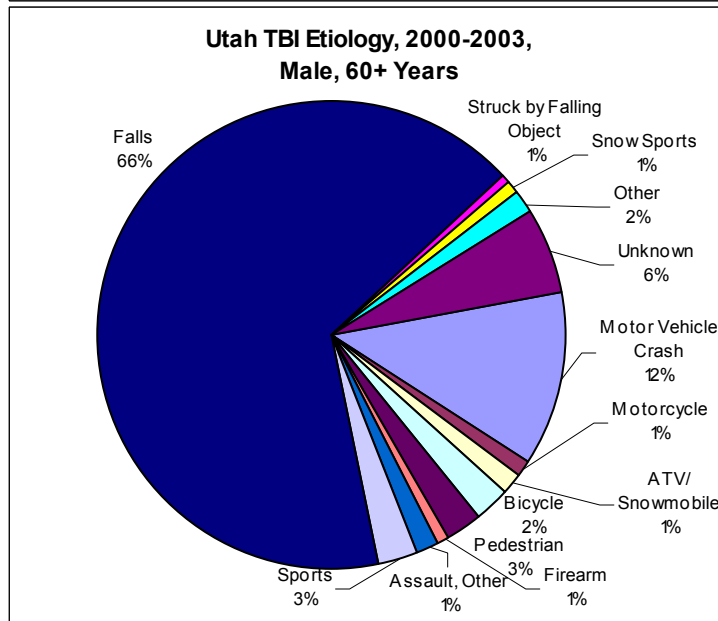
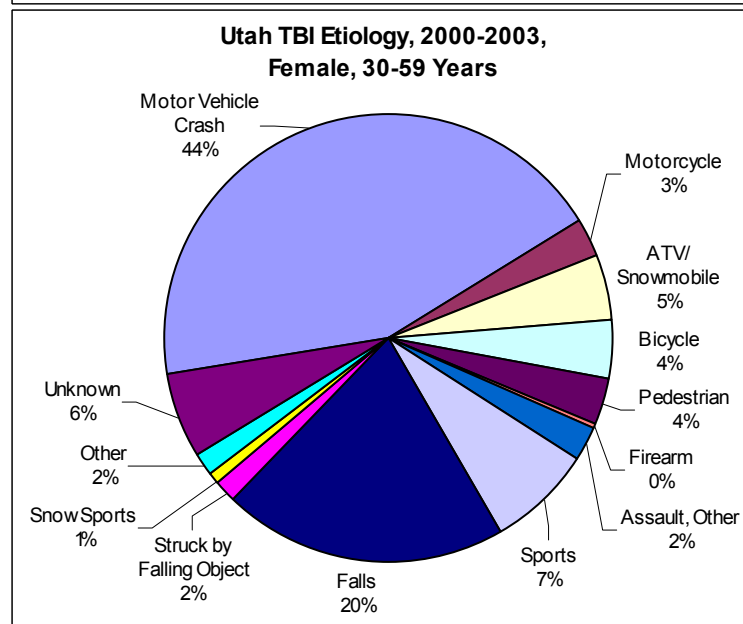
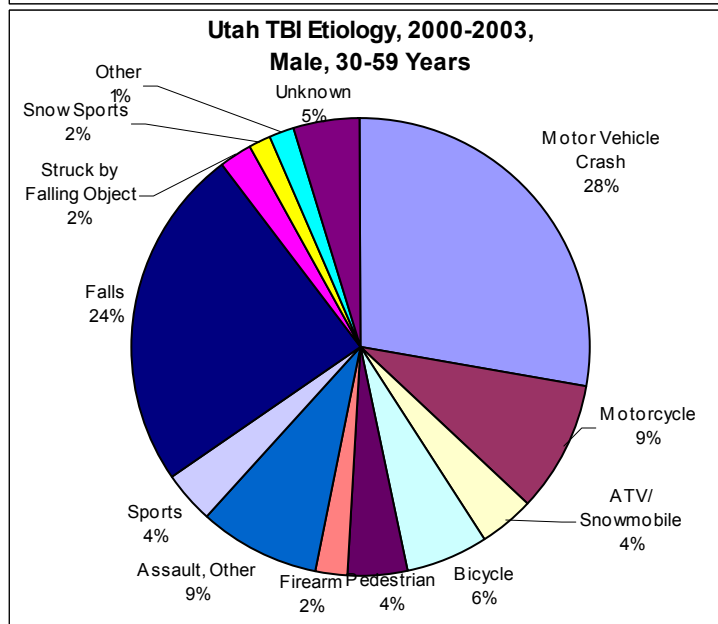
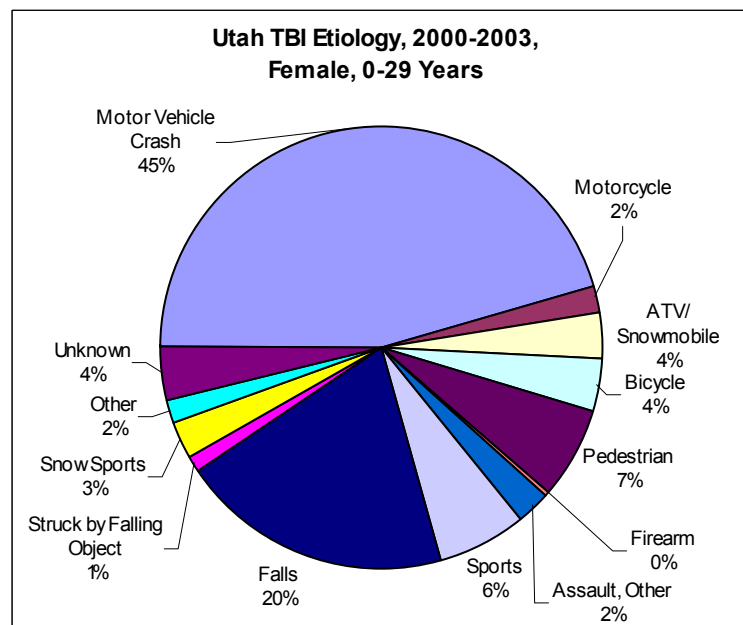
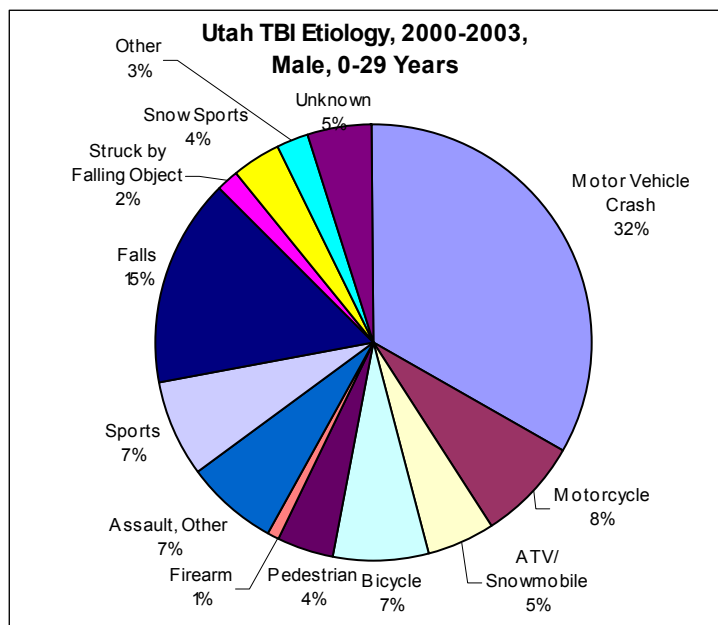
- Keep guns unloaded and locked up, with ammunition stored separately.
- Watch loved ones for signs of depression and get help if needed.

Bicycle and Pedestrian

- Always wear a helmet when bicycling.
- Use sidewalks and crosswalks if available while walking.

Snow Sports

- Always wear a helmet.



* Of the 8,370 documented cases of TBI for the years 2000-2003, medical records were reviewed and abstracted on a random sample of 4,492 cases. The above charts are based on the random sample.